

## Temperance

### TERRIBLE LURE OF LIQUOR

Power Which Drags Down Votaries of Cup Is Little Understood—Few Awful Examples Related.

"If there sat a glass of whiskey on that table, and I knew that if I should drink it I would lose my right arm, I could not help but take the liquor, even though my arm were chopped off piecemeal."

Thus expressed himself the writer of a 56-year-old man who had spent 18 months in a Michigan prison for the commission of a crime for which liquor was most largely responsible, writes William H. Vinn in the Detroit Journal.

How little we can understand the power which drags down the votaries of the cup. Said a man to one of our police captains in Detroit: "I have not a waking moment when I am free from the craving for liquor." If we knew more about the lives and experiences of the men whose forms go staggering by on our streets, or who stand before our bars of justice, pity would often replace blame and sympathy would occupy the place of scorn.

Last week I met a poor fellow on the street who had been released from police court in the morning. From his actions it needed no prophet to foretell that he would face the judge ere long, and sure enough he was in the same court next morning. For over a decade he has been under the complete domination of John Barleycorn.

His experiences cause one to think of the custom of certain African chiefs who express their peculiar affection for certain of their subjects by maiming their bodies. All sorts of cripples are thus made by these rulers and it is related that the persons so maltreated take a particular delight in their sufferings, for to them it is a mark of the esteem of their chief.

Some years ago, while under the influence of liquor, the man of whom we are writing lost a limb. He hobbled about on a peg-leg for a time, but drink still held sway over him. About four years ago, while drunk, he became mixed up with a railroad train and lost an arm at the shoulder—limb off on one side and arm on the other. Still he clung to the glass, or, rather, more properly speaking, the glass clung to him.

Somewhere in this city toils a little, sweet-faced lady of upward of 70 years of age, still earning her own living at housework of a light order. She is the mother of the man above referred to, and he is her all. Her one prayer is that she may be spared to bury her boy. Saying all that she could from her scant earnings, she procured a satisfactory artificial limb for her drink-craved boy. Were that limb possessed of the power of speech it could tell many tales of adventure while supporting its owner or while reposing back of some bar where it had been "put up" for drinks.

One incident is recalled. Two years ago Judge Stein requested the writer to take this unfortunate man to the carers for the county house. Noticing his limb was replaced by a wooden peg, on inquiring we learned it had been put up for security for a drink bill in a saloon two blocks away from the police court. On payment of 45 cents the limb was secured and the man sent to Elisea. At present the poor fellow is being upheld by the peg-leg again.

That was a peculiar stunt which was "pulled off" by a resident at McGregor mission many years ago. Becoming very thirsty, and possessing no belongings which would serve as security, he bethought himself of his false teeth, and back of the bar they went as warrant for the payment of the drinks. Still, there was more sense in this transaction than in the one above referred to, for while a drinking man needs all the legs he can get, he can very well dispense with the molars, which are a useless luxury at such a time, as he cannot drink heavily and eat.

No crusader ever followed Peter the Hermit with a greater devotion than the drinker pursues his "cup"; no howling or dancing dervish can equal the utter abandon of him who "tarrises long at the wine." What does he not surrender at the call of that demon rum! Fortune, family, friends, health, life even—all are ungrudgingly offered to his thirsty god, and he will beg, steal or starve that he may keep the fires aglow on the unholy altar. The great Paul tells us "God loveth a cheerful giver." In the Greek the word translated "cheerful" is "hilarious," from which comes our word "hilarious." Very few are the disciples of the Master who give themselves and their belongings as hilariously as does the votary at the altar of Bacchus.

#### Accident Days.

An investigation into the causes of accidents among industrial workers carried on for a number of years in Germany shows that the greatest number of casualties occur on Saturday, while Monday is a close second. The large number of accidents on Saturdays is generally explained by the fatigue of the week telling on the men, but it is noted also that the Monday accidents are about as numerous. This gives rise to the suggestion that the day of rest is sometimes not too wisely spent.—Medical Record.

#### Never Beneficial.

"Alcohol is never beneficial to a person in health."—Dr. H. Lee Norris.

## A Romance of Progress

By ALBERT PAYSON TERRHUNE  
SAMUEL JOHNSON—Crank and Dictionary Maker

In the worst rainstorm of the season, one day in the middle of the eighteenth century, a man stood on a street corner of Lichfield, England. He was unprotected from the weather by so much as a great coat and waited meekly, receiving the deluge of rain and tears of passersby. He was a giant in size and strength, enormously fat and clad in shabby, soiled garb. His swollen, red face was blotched, scarred and distorted with scrofula and twitched uncontrollably, his great head rolled from side to side and he muttered constantly to himself. This strange figure was Dr. Samuel Johnson, greatest man of his day, and revolutionizer of the English language. His vigil in the rainstorm was but one of a thousand eccentricities. As a lad he had refused to go on an errand for his father one rainy day. Now 30 years later it had occurred to him to take this queer way of atoning for his boyish disobedience.

Johnson was the son of an old bookseller. He spent his boyhood reading ravenously every one of his father's books he could lay hands on. He had the rare faculty of remembering everything he read. At 19, though miserably poor, he went to Oxford. There his ragged clothes, dirty linen and physical oddities made him a general laughing stock. Then his father lost what scant means he had had. For lack of funds Samuel was forced to leave college without graduation. He spent the next few years as schoolmaster, book writer, translator and at any other work he could pick up.

But his eccentricity, strange appearance and overstrung nerves proved a great drawback. His wagging head, facial grimaces, slovenly, dirty

clothes and linen and uncouth ways made a bad impression. If he were asked to a literary reception he was quite likely to create a diversion by snatching off a lady's slipper or clawing her false hair, or by suddenly shouting a line from the Lord's Prayer. At the few dinners he was invited to the half-starved genius ate ravenously, tearing his food like a wild beast and growling over it.

The English tongue and English literature were growing. Certain etymologies and lexicons were in use, but the language had no dictionary worthy of the name. Several booksellers combined and hired Johnson to compile, in two volumes, a complete dictionary of the English language. For this mammoth work he was allowed seven years' time and \$4,500. He was obliged to employ a small army of lesser writers to help him, and this quickly ate up his profits. He had no rich patron, as had most writers of the time, for he could not truckle to the great. He worked on in poverty. His wife died, leaving him alone in the world. These were the darkest years of Johnson's life. His mother, whom he had supported out of his lean purse, also died, and to pay her funeral expenses he wrote his great philosophical novel "Rasselas."

Then, in 1755, appeared his great dictionary. It was not only the first real English dictionary ever published, but the clearness, scope and beautiful language of its definitions formed a new literary era and caused a revolution in literature.

Now that he was successful, the world flocked to do him homage. A coterie of writers, actors and statesmen formed about him. He was their oracle and idol. With pompous superiority he tyrannized over them, bullied them, lectured them, listened in respectful silence to his endless orations. At the Cheshire Cheese and other places of the kind he was wont to hold a species of semi-regal court, with himself as undisputed king and despot. He grew indolent, shunned work of all sorts and lived on his past record. In earlier years he had rallied at the custom of pension giving, styling it "pay given to a state hireling to betray his country." Yet when the new monarch, George III., offered him a pension of \$1,500 a year Johnson promptly accepted it.

At about this time he met James Boswell, a young Scotch lawyer. Johnson hated Scotland, but took a fancy to Boswell, saying in explanation: "Much may be done with a Scotchman if he is caught young." Boswell religiously took down all Johnson's epigrams and later published his recollections of the great lexicographer in one of the most fascinating biographies ever written. Johnson filled his house with beggars and decayed gentlefolk, whom he supported and who quarrelled among themselves and bullied their benefactor as he bullied the world.

But at length these mendicants died, as did many of Johnson's closest friends. Alone in the world, embittered, and suffering from a combination of fatal maladies, the man who had revolutionized the English language, and who feared death with a terror almost childlike in its unreasonableness, died on December 13, 1794, leaving an unparalleled record of long and successful battle against circumstances, and standing out forever as the oddest, most picturesque figure in the world of letters.

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## STORY OF THE TAFT VICTORY

(Continued from page two)

taken thirteen badgers voted for the governor and the other thirteen split up their votes among North Dakota men and Mr. Houser.

### Howie for Heney.

For stirring up a tempest, Francis J. Heney was unequalled by any other man in the convention. He fought hard against the seating of the two Taft delegates from the Fourth district of California, and was howled at by the Taftite galleries. He bobbed up on various other occasions, notably in a long speech seconding the nomination of McGovern, and was howled.



Boomers in Congress Hotel.

at again and again. But always Mr. Heney merely grinned and held his ground, and waited for the tempest to

"MODERATE exercise, regular sleep, plain food, fresh air and kind thoughts will heal you of your diseases, pluck from memory its sorrows, and put you close to all the good there is in this world."

subside. He took some very vicious pokes at his adversaries in the Taft ranks, likening A. E. Stevenson of Colorado to Abe Ruef, whom he helped to send to the penitentiary, and speaking rather unkindly of Senator Boies Penrose and other "bosses." More hoos and jeers.

Finally Sergeant-at-Arms Stone announced, on behalf of Chairman Roosevelt, that those who treated the speaker with disrespect would be put out of the building. Considering all the things Mr. Heney said to and about Mr. Roosevelt and his faction of the national committee in the preliminaries to the convention, this was taken rather kindly of the little man from Omaha.

### Police Intermittently Active.

Chicago supplied a small army of policemen to assist in keeping order and handling the crowd, and they did their duty nobly, by fits and starts. Despite all precautions, the doorknockers let in hordes of their friends, who blocked up the aisles. At intervals some commanding officer would open his eyes, and there would be a sudden clearing out of the passage ways, accompanied by violent pushings and indignant protests. Some of these intruders wore fake badges, which served until a suddenly efficient policeman discovered the trick and rushed the offenders to the door with a mighty roar.

Of all the nuisances with which the police had to contend, the assistant sergeants-at-arms were the worst. With nothing much to do, and nowhere to sit, these hangers on, numbering many hundreds, were in everyone's way. Sometimes the exasperated "cops" hustled them like ordinary citizens, to the delight of seat-holders.

### Wild Demonstration for Hadley.

Hadley was the man of the second day's session—Hadley of Missouri. He had stepped forward to speak in support of Governor Deneen's motion which was designed to prevent the 78 contested delegates voting on their own cases, but before he could utter a word pandemonium broke loose. In a moment every Roosevelt delegate was on his feet shouting "Hadley, Hadley," and even the Taft cohorts could not keep their seats. Then the enthusiasts began to pull up their state standards and march with them, while the galleries leaped to their feet, waving hats and handkerchiefs and papers and howling at the top of their voices. California's golden Teddy Bear led the way, and New Jersey, Missouri and North Carolina followed close behind. West Virginia, Ohio and Oklahoma fell into line, and there was a mighty roar as "Bill" Flinn grabbed Pennsylvania's standard and led his followers past the front of the speaker's stand. Minnesota and Maine now joined the shouting procession, and people all over the hall began to say that if nominations were in order, it would be no trick at all to put the governor of Missouri at the head of the ticket.

### Pretty Woman Increases Furore.

For a long time Governor Hadley stood smiling and helpless, with Jim Watson of Indiana by his side. Then they sat down, hopeless of stilling the

tumult. Just as the shouters began to get a bit weary, a pretty young woman was spied in the front row of the west gallery wildly waving a big portrait of Colonel Roosevelt and yelling at the top of her musical voice. She Mrs. William A. Davis of Chicago, and her efforts were rewarded by a renewal of the uproar, which now changed to shouts of "We want Teddy." Certain of the colonel's publicity promoters, quick to seize upon the incident, made their way into the gallery and led Mrs. Davis downstairs and to the speaker's stand. She was boosted onto the platform, and, with the standards grouped in front of her, led the Roosevelt forces in a redoubled demonstration.

Finally the patience of Chairman Root and Sergeant at Arms Stone was exhausted, and the police were told to escort Mrs. Davis away with orders to resume her seat or leave the hall. She chose the former alternative.

### Colonel Roosevelt Pleased.

During all this uproar there were constant rumors that the demonstration had been pre-arranged by the Roosevelt men, and that the colonel himself was on his way to the Coliseum. The latter part of this certainly was not true, for Colonel Roosevelt sat in his hotel room receiving bulletins on the proceedings. When he heard that there was something in the nature of a stampede for Hadley, he said: "I am glad of it."

Senator Dewey looked on with great interest, and said he believed the demonstration was entirely spontaneous, and that it looked as though Hadley would be a third candidate.

The uproar lasted in all nearly an hour, and was decidedly diverting, but did not accomplish anything. For when it came to a roll call, the Taft forces tabled Deneen's motion with a vote of 564 to 510, thus showing an increased strength over the vote on temporary chairman of six votes. The entire delegation from Hawaii had shifted back to the Taft side.

### More Threats of Ejection.

"Fighting Bill" Flinn again ran foul

## Home Course In Health Culture

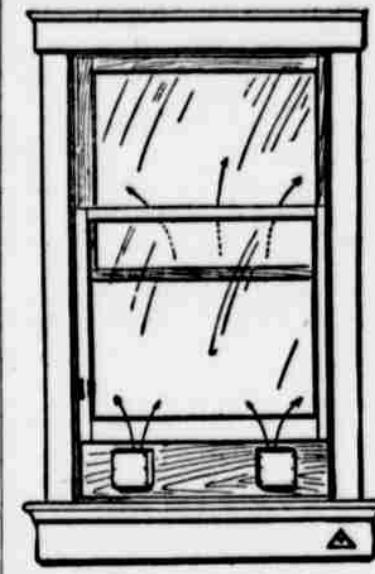
### XIV.—Disease Prevention in the Home

By EUGENE L. FISK, M. D.  
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WHO would not give a trifle to prevent what he would give a thousand worlds to cure? Dr. Young, who wrote these words, had a habit of "seeing things at night," but not in the popular sense of this expression. He wrote "Night Thoughts," but saw very clearly the principle which the medical profession is now carrying out well expressed in the homely old phrase, "An ounce of prevention is worth a pound of cure."

#### Scourges of the Past.

The horrors of pestilence and unnecessary disease that afflicted our forefathers are almost unbelievable in these days, and yet during the dark ages they were accepted as a matter



PROPER WINDOW VENTILATION.

(Have plenty of window space and so arrange your rooms that they are thoroughly ventilated and well lighted.)

of course and variously ascribed to "acts of God" or "the evil one," according to the point of view.

We do not read in the sprightly romances of Dumas and others who have thrown a glamour over history that "itch" was a common, not to say general, affliction at the court of France and that the great Napoleon suffered from this trouble because no one knew its cause or simple treatment. It seems difficult to realize that in the old days a person who was not pockmarked from smallpox was conspicuous in the streets of London.

The custom of sleeping in bunks in the wall, of using rushes or straw for floor covering, in the meshes of which refuse scraps from the table and other dith were allowed to accumulate, was regarded in the old days as a natural and healthful mode of existence. The custom of dipping germ infected fingers into large dishes of food containing the general supply for the family was followed by the Four Hundred during the middle ages, when the "black death" and other scourges spread a desolation of which it is difficult to form any conception in these days of comparative "sweetness and light."

But we must not lay too much flattering unction to our souls. Taking into account the advances in science and knowledge of the causation of disease, we are today relatively just as neglectful as our forefathers. Reckless and careless habits in defiance of disease risks are still common enough and are responsible for a tremendous waste of life.

#### The Fall in the Death Rate.

In the registration area of the United States the death rate has fallen from 19.6 per 1,000 in 1899 to 15.4 in 1908. In Massachusetts the death rate has fallen from 19.4 in 1899 to 17.5 in 1907. In England and Wales it has fallen from 19.5 in 1899 to 14.7 in 1908; in Sweden from 17.1 in 1899 to 14.9 in 1908, and in France from 22.8 in 1899 to 14.9 in 1908.

This is a splendid showing, but when we analyze the material from which these figures are derived we find that the death rate among young people has fallen more than 30 per cent, while the death rate among the middle aged and elderly has either been slightly affected or markedly increased, according to the locality investigated.

In Massachusetts the increase in the death rate at advanced ages is really startling and doubtless reflects a condition general throughout the country.

We know that the degenerative diseases affecting middle life and old age—apoplexy, heart disease, Bright's disease, arterial diseases, etc.—have increased 105 per cent during the past thirty years in the registration area, and an increase in the mortality at the ages affected would naturally follow, such as is exhibited in the Massachusetts statistics.

But the limit of prevention and improvement among the infectious diseases that affect young lives has not yet been reached. These diseases, such as typhoid, cholera infantum, tuberculosis, etc., should be absolutely eradicated.

Proper sanitation, especially in the rural districts, is greatly needed and a more thorough observance of the pre-

cautionary measures against tuberculosis and other infectious maladies.

#### Prevention of Degenerative Diseases.

Diseases of the heart, kidneys and blood vessels (apoplexy, paralysis) are caused by high pressure living, over-eating, intemperance—any condition involving undue nerve strain. What may be done to guard against these troubles? The most rational protective measure is to treat your body just as you would treat your business or your automobile or your yacht. Have it overhauled and examined periodically. What would you think of a man who put out to sea in a vessel that had been used for years and never overhauled or inspected for leaky boilers, pipes or seams? Is it not obvious that he invites shipwreck? But the average mechanic, farmer or business man will embark on a life voyage and wait until something goes wrong before he consents to an overhauling, and then too often in his conceit and foolish egotism he derides the physician who warns him and boasts that he will out-live the doctor or the insurance company that refuses to carry his risk.

#### Value of Periodical Examinations.

It must be apparent that this human machine should be periodically examined for evidence of commencing strain and impairment. Many a valuable life could be saved for years of happy and useful existence if the early symptoms of disease were detected and the manner of living changed. A downward course may readily be checked if the disease has not gone too far. The wise man, therefore, will consult his doctor at least once a year and listen patiently to advice regarding the habits of eating, drinking and housing. The periodical inspection of the whole family is also desirable. Give the children a chance to be molded and guided to health and strength instead of permitting them to grow up like weeds or untrained vines. The correction of eye troubles, removal of adenoids, tonsils, etc., proper habits of bathing, eating, etc., may completely change the destiny of your children.

These principles are coming to be recognized as of such extreme importance that one large life insurance company has arranged to give to its policy holders the privilege of free medical examinations once a year, believing that the saving of lives will more than offset the expense involved.

#### Care in Choice of a Home.

In choosing a habitation remember that sunlight, fresh air and dry soil are money savers. By properly choosing your location you may save the interest on the mortgage in doctors' bills. See that your home is on firm, well drained ground. Made ground, however carefully packed and graded, is very likely to cause a dampness in the cellar and around the foundations. Do not settle near a marshy pond or sluggish stream if you can help it. A southern exposure is desirable.

Have plenty of window space, and so arrange your rooms that those most constantly occupied—bedrooms, living rooms, etc.—are thoroughly ventilated and well lighted. The best room in the house should be used by the family, not by an occasional guest.

If the soil is damp the subsoil must be drained below the foundation and the cellar floors and walls thoroughly cemented. Absolute dryness may be attained by having hollow walls. Bricks are undesirable for cellar walls, as they absorb moisture. Stone is likewise porous and retains moisture. Slate or cement coatings will obviate the danger.

#### Heating.

If you have a hot furnace be sure it is of good quality, gas proof and that the air supply is drawn from outside and not from the cellar or any damp or dusty location. See that a water reservoir is attached to the furnace and kept filled.

If other methods of heating by direct radiation are employed some provision should be made for changing the air of the room. Many special ventilating systems have been invented, and if means permit these should be investigated and a desirable one installed when the house is built. Stagnant, vitiated, overheated, dusty or damp air is a menace to health. Exclude these conditions from your home. It can be done.

#### Water Supply.

If there is no general water supply system in your locality, beware of shallow wells, surface springs or water from any doubtful source. A deep driven well far removed from any possible source of contamination, should be secured, if possible; otherwise cistern water, held in a slate or cemented cistern, is safer. Suspected water should always be boiled.

I have elsewhere dwelt upon the importance of proper sewage disposal, but it cannot be too often stated that the old fashioned methods employed in the country are barbarous and unworthy of a civilized nation. Study this question carefully and adopt a system, whether surface irrigation or portable dry earth closet, etc., that will protect your family and your neighbors from disease. If greater care is not exercised in this regard the state must step in and act vigorously to protect the community from typhoid, hookworm and other maladies due to soil pollution.

#### The Home Atmosphere.

It is not sufficient to keep physical germs out of the home atmosphere. The germs of discord, strife and confusion are also prejudicial to health. A household where nothing ever happened and everything always worked smoothly would be a great bore. There is a "golden mean" characterized by patience, forbearance, system and order in the household relations and government.

60 YEARS' EXPERIENCE

## PATENTS

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